

GOAT NOTE

Most Blessed Dirt Runners,

I am proud to accept your entry into this casual fall romp across the splendor of changing leaves and groomed trails. Ha, you signed up to do this, dementia rules. Seriously, I'm proud of you already! You are the few, the serious non wimps, those towin' the line at DWD!

Please, attempt to follow the course this year. We are tired of looking for you across 4 counties. Yes, the runner in front of you may be lost, the ribbon don't lie! Yep, all those runners could be going' the wrong way and you could win! Seriously, it can be tricky at DWD; the course is often on perfectly good trails but then enters more challenging terrain. We mark the turns big time but when in distractions and bonk can lead one to run right past everything. It's part a trail running so get used to looking.

It's a great big beautiful piece of woods to tromp through on the long run; enjoy every step and remember, this is what you do for fun!

The course is calling, start counting the days!

The Head Goat, Dirt Diva, Canadian Chick (CC), Swamp Dog, Trail Dog and the rest of the ever faithful hard working' Dirt Crew Litter.

Now a note from Randy Step, president of Running Fit, just out of goat mode.

The dirt team is working day & night, as we get closer to DWD Day. Our goal is to give you a running experience like no other. This race is more than special to all of us; it's a passion, much like running itself. Please read all of this information packet to and you will have a great race.

The information and details of the sections may seem confusing but it will all makes sense as you run. Really, you don't really need to know much of it. We send it more for those who get into course minutia. More minutias can be found at danceswithdirt.com.

Each section runs from one ultra aid station / check in to another. They are in sequential letters and marked in color ribbon, stick flags and signs. The first two sections are in white and will have light devices to help with the darkness. The third section is blue. Thereafter the race is all pink. Ask at the aid station, "What color do I follow?"

I want to thank the Dirt Team ... the markers, the aid station & exchange crews, parking rats, finish line crew, data entry and every person who makes DWD what it is.

And now a word from our sponsors: Saucony Running is supporting this extravaganza for the first time and we thank them. Enjoy the Absopure water! Test drive a car from Suburban Collection and go to Probility Physical Therapy for your aches and pains, or to keep from having aches and pains!

With a full calendar of great events out there, you chose ours and we thank you! We will have some dirt wear for sale to impress the wimps with; wear it with pride! Yes, run fast and take chances but also look out for yourself and each other as we head into this great adventure,

Randy Step, AKA Head Goat

16th Annual Hellebration of Ultra & Relay Running Races
Saturday September 11, 2010
HalfMoon Lake Beach, Pinckney State Park, Hell, MI
Ultra 50 Mile & Ultra 50K: 6:15 a.m.
5-Runner Relay 100K: 7:45 a.m.

Do not go where the path may lead, go instead where there is no path and leave a trail.
Ralph Waldo Emerson

Sponsored by:

Saucony Running Shoes, Gear and Clothing! <http://www.saucony.com/>
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Probility Physical Therapy. Dedicated to helping you *Enjoy Your Life Again!*
www.probilitypt.com.
Absopure Water www.absopure.com
Suburban Collection of Ann Arbor www.suburbanchevroletannarbor.com

Host Area: Michigan Department of Natural Resources, www.michigan.gov/dnr.
Pinckney State Park. 8555 Silver Hill Rd, Pinckney, Mi 48169. 734-426-4913
www.michigandnr.com/parksandtrails. [pinckneymap.pdf](#)

The Dirt

Directions: Hell is in the greater Ann Arbor, MI area, approximately 30 minutes NNW.

- US-23 Exit 49, North Territorial.
- West North Territorial 11.5 miles to Hankerd Rd (State Park Swimming Sign).
- North Hankerd 1.7 miles to HalfMoon Lake entrance.
- West HalfMoon Lake entrance to parking.

Dirt Check-In: Each ultra runner and relay team captain or alternate must check in Friday 5-10 PM or Saturday 5-7 AM before the start. Race number bibs, timing tags & last minute information are handed out. **The Friday Check-in is more relaxed than the Saturday morning insanity!**

Dirt Parking & Car Pool: Park in designated areas.

Only One Vehicle per team is allowed to park at HALF MOON. Car pool to the event in one vehicle. Park & ride lots are at Lee Rd & US 23, I-94 & Chelsea and other convenient locations in the area.

Dirt Passports: Daily state park pass, DWD Vehicle sign and race number(s) are provided in registration packet. They are required to enter locations throughout the weekend.

1. **Daily Park Pass:** On front window to enter park areas throughout the weekend.
2. **Official Vehicle Sign:** Display in rear window all weekend including at the entrance booth at Half Moon!
3. **Dirt Numbers:** Ultra and Relay numbers are different. Each team receives 5 identical race numbers. Race number is worn on front of each runner with visibility needed at the finish, aid stations & exchanges.
4. **Timing Tags:** Timing Tags will be handed out at packet pickup. All ultras and the last relay runner (ONLY) must wear a timing tag to get a time recorded for their event/team.

Thank the Volunteers & Park Rangers: It becomes a long day ... week!

Camping: Modern camping with showers s at Bruin Lake (Exchange #11-12, Aid I-J).

Rustic camping at Crooked Lake (Near Silver Lake Beach, (Exchange #3-4, Aid F-G).

www.midnrreservations.com/campgrounds

Hell Creek Ranch (Exchange #5-6, 7-8, Aid B-C, D-E) may have camping available. 1-800-447-2757.

Hotels: Holiday Inn Express, Brighton, 810-225-4300

Best Western, Whitmore Lake (734) 449-2058 Exit 53 of US-23. Or Check Ann Arbor hotels.

Refreshments: Food including pizza and refreshments at the finish area at Award Ceremonies. Pizza continually delivered to keep it hot (at least we try!).

Awards: Ceremonies at the HalfMoon Lake stage.

- **Ultra Dirt:** The top 5 in 5-year age groups for each event, 50k & 50M. Presented as you finish
- **Relay Team Dirt:** Top 50 handicapped adjusted teams and top 10 across the line (unadjusted time). Relay Ceremonies 5:45 PM exactly...or thereabouts!

Teams still on the course that have a high handicap (= old & sexy) may substantially alter the placement. This may delay the final placement and ceremonies. If all else fails, we will have a ceremony for them.

- **Dirt Passion – formerly Creative Team Vehicle & Theme awards:** 5 creative or psychologically challenged teams will be acknowledged and win cool stuff. First Place award includes free entry into next year. Other surprise awards are presented, bam, during the race based on innovation and passion.

Dirt Safety & Preservation

Dirt ambassadors let the Chi roll. Consideration and positive energy are the greatest attributes the Dirt force can infuse the denizens of Hell. Other park users, roads and trails may not share out spirit. Our objective is applause, no complaints. Breathe deeply if you receive digital sign language or beer cans tossed at you. Drive safely and use discretion in bodily actions and modest moments, (Don't wiz in anyone's yard!)

Vehicles - Ultra: Daily or annual state park permit, (included in packet) on the front window throughout the race. This includes the HalfMoon entrance and the aid station – support points.

- One support vehicle allowed. DWD Vehicle Sign on the back
- Support vehicles on the course are allowed at designated parking zones, Start-Finish, Aid Stations B-C, D-E, E-F, G-H, H-I, I-J, K-L, L-M.
There is no access or parking at Aid Stations A-B or C-D. Hang out at B-C, D-E Hell Creek Ranch. Aid Stations F-G may be difficult for a vehicle to arrive prior to the runner due to distances.
- Please obey the parking signs and volunteers, even if they seem irrational!

Vehicles - Relay: Daily or annual state park permit, (included in packet) on the front window throughout the race. This includes the HalfMoon entrance and the exchange points.

- Meet and car pool to the start, (we got repeat-heimers).
- One vehicle per team on the course. DWD Vehicle Sign on the back and Park Pass on Front.
- No motor homes, rickshaws, busses or PT Cruisers (too ugly).
- Follow parking flow into and out of exchange. There is a system. Although engineers think there is not!
- Exchange parking is tight, but fun. Ex 8-9 Hell will have alternating parking areas and drop-off & pick-up zones. You will be directed.

Vehicle Safety: The course is designed with enough drive time in one vehicle. Leg 9 is tight, so get your satanic butt in gear or use the drop off – pick up method.

- Official vehicle signs must be displayed in rear window. This helps us to identify you if we find your lost, injured, and/or crying teammate or if there is emergency news.

- Drive Safely. Be on the lookout for runners darting out of the woods. Be especially nice to any cops who might stop at the exchange and say, "*What in Hell is going on here?*"
- Trail crosses many roads and a small portion is run on dirt roads, so use common road running etiquette. Watch out for both running and driving morons.
- Obey Speed Limit. Time exists to get to each exchange as long as you decline interviews.

Exchange Parking: Parking is insane, patience and humor is in order.

- Park in the designated areas only. Volunteers will do their best to move you in and out efficiently.
- Each exchange will have specific traffic flow patterns including one way entrances and exits.
- Parking is not always close to the human exchange so be prepared to get moving.
- Don't run over anyone on your team or competitors at the exchanges or road crossings, (2005 DUH!)
- Stay out of the road, (trail runners seem to forget that they are standing in the middle of the road.) Don't stop traffic, especially in Hell.
- Use drop off – pick up zones in Hell.

Runner Safety

- Run Safely: the magnitude of this event does not allow closed roads or stopped vehicle traffic. The course crosses major two-lane roads. Do not blindly run across any road; come to a complete stop before crossing. You can make up the time once you have survived the crossing. Do not stop traffic!
- Be aware and stay on the course: The two most common reasons to go off course. 1) Followed the dudette in front of me! 2) I zoned out and missed a turn.
- No shortcuts: The map may look like there is shorter way but it could be dangerous or not approved for usage. In 1999, a runner was lost for 4 hours taking a shortcut!
- Inform aid station –exchange personnel and trail captains of problems.

100K TEAM RELAY START: 7:45 A.M.

Check-In: HalfMoon Beach HQ, Friday 4-10 PM, Sat 5-7 AM.

Captain or designee needs to be in line by 7:15 AM RACE DAY to insure making the start.

Numbers & last minute information is handed out.

Signed waivers must be turned in at check in!

Team Membership: Team is a maximum of 5 people. Members can change before the start. No changes after the start! Members must be human; acting human is not a requirement.

Official Vehicle Signs visible in Rear Window of All Vehicles on the course and parking!

Numbers: Wear pm front in visible location. Relay and ultra numbers are different.

Late Start: Allowed until 7:50. After 7:50, teams have to begin on Leg 2 at the back of the pack.

Finish Cut Off Time: Dusk. Use concurrent running system to finish in reasonable time (6:30 PM is good.).

Injury: Inform the aid station personnel if you need assistance, relay via other runners if down on course. Cell-phones are at each exchange point. EMS technicians and medical crew are on site and in contact with the exchanges. Tell the 911 operator your exchange position (or closest exchange position)

Delayed or Pulled from Race: EMS staff or the volunteer captains may determine that it is unsafe for you to continue medically. You will not be allowed to continue until the medical concern has been removed. This has happened in the past. However, your team can leave your sorry butt behind and press on.

Handicap: Age and sex handicap for each team member is added for the team handicap scoring. The percentage is deducted from the total finishing time to determine TEAM ADJUSTED TIME. Women receive a 12.5 % handicap in addition to age handicap. Masters men and women receive a 1.0-% handicap for each year over 40 and 1.5% handicap for each year over 50. Example: A 52-year-old woman would get a 24% handicap. Confused? You should be! (Clue, over 40 means 41)

AWARDS & POST-RACE EATS:

Awards to the top 50 handicapped adjusted teams and to the first 10 teams over the line (no cheating, no handicap figured in). Ceremonies to take place at the latest by 5:45 PM exactly...or thereabouts. If you are not out there on the course, please come to the ceremony! Food is served as each team or person finishes.

- **Dirt Passion – formerly Creative Team Vehicle & Theme awards:** 5 creative or psychologically challenged teams will be acknowledged and win cool stuff. First Place award includes free entry into next year. Other surprise awards are presented, bam, during the race based on innovation and passion.

DIRT RULES:

Medical Emergencies – Ambulance: Cell-phones are at each exchange. Inform exchange captain of injury. Our medical crew is on site and will have contact with the exchanges.

In case of serious injury call 911. Tell the 911 operator your position.

Good Samaritan Act: If you encounter an injured runner, help in any way possible. Access to the injured runner may be difficult for ambulance. Please relay information to the exchange captain or directors. Time bonus for saving a life! KEEP TRACK OF LOST TIME; WE WILL CREDIT YOUR TIME APPROPRIATELY. Keep track of Samaritan time as a negative on your Cheating Bastards Card.

Exchange / Aid Stations: H2O & First Aid is available. Please use port-o-johns!

Drive Route: A specific driving route to each exchange point is presented to each team and ultra support. The routes are fairly direct and provide sufficient time to the next exchange.

Parking in Hell is tight and Leg 9 is very short requiring team to either get out of Hell fast or to use Drop Off-Pick Up system.

The route may not be the most direct route but avoids runner conflicts. (**Warning: The drive route crosses the course several times**). This will allow the runners to avoid your dust and danger.

It is also designed to allow for responsive medical emergencies and management of the race.

We do understand that sometimes you may miss a turn because the stench in the vehicle gets intolerable and you have your head out the window and not on the map.

Running:

- Each team will have 5 identical numbers. Wear numbers visible on the front (Especially leg 15).
- All legs must be run in the order presented and to completion, (No improvised shortcuts). Determine the strategy to best suit your talents. (Dog bone: Wimpier legs are 3, 5, 10, 14, and 15).
- Each team runner is required to run a minimum of 3 legs unless injury occurs. Only one runner per team runs a leg unless injury occurs. See injury substitution below.
- Keep a running clock on each leg to assist in lost runner determination.
- Follow the markings, not other runners.
- Each leg begins from one exchange point and ends at the next exchange point. While you are running, your team drives to the correct exchange in a timely fashion. There is plenty of time to drive to each exchange point but note short leg 9 warning above.

As you arrive, alert your teammates by screaming and yelling. If you arrive and no teammate can be found, inform exchange captain and chill out, we will find your directionally challenged team.

- Exchange is made by having physical contact with the next runner in the exchange zone. Yuck!

Dirt Course: *Redesigned from previous years.* See Course marking on how the course is marked.

- Each team receives maps with the running course, auto route and exchange points.
- Each leg is from 2.6 to 6.1 miles in length. It is up to each team to best utilize each runner.
- Each team member is to run 3 legs. Have a starting plan and be ready to change once the whining starts.
- Back to back legs will probably equate to a slower time and a high chance of injury.
- Relay legs and Ultra sections include areas not on the other course or at different times of the day.
- The front ultra runners will likely encounter (pass) some Relay teams on Leg 3.

I Just Don't Get It Ordinance: Cheaters & Road Runners Beware: There is absolutely no reason to be running down a road that is not on the course. Teams caught by the Dogs taking shortcuts, road running or removing ribbon may receive a time delay, removal from awards or beer confiscation. We appear out of nowhere, as we know every shortcut, land, air or sea! Actually maybe we will send you back into the swamp.

Injury Substitution: If a member of the team is injured, another team member can complete the leg from the point of injury. An injured member can return later in the race if recovered. Only the original team members can represent the team. An injury substitution is the only allowed non-exchange point exchange. The handicap for a runner is removed if the runner does not finish 3 legs.

Lost & Found: Inform exchange volunteers if your runner does not arrive. Also, those reported lost and now found. Sometimes we can help to find temporarily displaced runners. Thank the volunteers.

Cheating Bastards early leaving = Concurrent running. Starting your next leg runner before the previous leg runner has finished in order to finish before dark.

Start a watch as the early leaving runner starts.

When the early runner starts they must yell out, "I am a cheating bastard!"

Stop the watch when the incoming runner finishes. Post the time to the "Going to Hell for Cheating" Card

Cheating Bastard conditions!

1. Keep a running time of your runner currently on the course, starting at Leg 1. Helps to guess how lost.
2. Legs 4-8 and 11-15 are open to Cheating Bastard early leave if your team is slower than 10 hour: 30 minute pace. We announce that it is time to concurrent run at these exchanges.
3. **Legs 9 & 10 are Not open to concurrent running** as they are very short and fast. The runner will beat the car!
4. Upon special circumstances, the race directors will provide permission for early leave at other exchanges during the race, (Examples: Runner decided to go to Jackson prison- year 1 or run home – year 8),
5. Lost: If runner is hopelessly lost, (averaging over 17 minutes per mile), inform race officials the team number and runner description. Then start a second watch as next leg runner leaves early.
6. Found: Record time difference to Cheating Bastards card if the first runner ever shows up.
- 6B. Not: If the first runner never shows up, inform race officials that the team has ditched them, left the area. Record the “we give the hell up on that slacker” time difference on the Cheating Bastards card.
7. You do not get time off for a lost or pathetic runner.

Time Entry: All Teams turn in a signed To Hell for Cheating Card with Good Samaritan, Cheating Bastard concurrent times or a bit 0. Total the times on the Card and turn in as your team crosses the finish line. This time is adjusted to you official finish time. Cards not totaled or turned in may face maximum time adjustment, additional running miles or be subjected to substantial ridicule. No torture this year.

Marking: Course is marked primarily with ribbon, stick flags and arrow signs. Questions:

CanadianChick@runningfit.com

- The course is mostly marked on Friday. Parts are marked on Saturday and remarked throughout the day.
- Dirt road and grassy exchange areas may have chalk, paint, and survey flags.
- Dirt crew is fond of marking road and trail kill. Occasional down fences and wires are also marked.
- See Color Code, course marking and course description below for more Dirtails.
- A trail may be marked with more than one color indicating different parts of the race. This is a test; the consequences of failure are added to your time. Stay on your color.
- Verify at the Exchange that we didn't change the leg color.
- Temporary disorientation is the result of focus evaporation.

Ribbon: Ribbon is tied to trees, stick flags, signs, benches, poison ivy and vagrants.

- Continue straight is marked with continued single ribbons.
- Turns will have two ribbons together in the direction of the turn. Example: Right side two ribbons on the same branch or close branches = course turns right. After the turn, a confirmation ribbon is placed.
- Some turns, especially in open fields may have swoops of ribbon.
- Off-color barrier ribbons and Yellow Caution Tape are used to block Wrong Ways.
- If you are confused on the ribbon color, have a piece of ribbon tied on your hand at each aid station.

Signs: Directional signs are used in certain places to increase likelihood of marking retention.

- Signs identify "*Aid Station / Exchange*". "*Wrong Way Moron!*" indicates you are off course. Turn back until you locate where you diverged from the course; these signs will be close to the turn you just missed.

Bold = New 2010

No.	Name	Miles	Color	Runner
1-R	The Stampede	4.75	Yellow	
2-R	Butt Kicker	4.55	Blue	
3-R	Rave Run	3.30	Pink	
4-R	Poto	6.10	Pink	
5-R	Purgatory	5.60	White	
6-R	This Sucks!	5.20	Blue	
7-R	Stripper Pole	4.95	Pink	
8-R	Styx, River of Death	3.10	Pink	
9-R	Bad Out of Hell	2.55	Pink	
10-R	Xodus	3.10	Yellow	
11-R	Where's The F'N Bridge	4.60	Pink	
12-R	Vertigo	3.90	Pink	
13-R	The Stupid Lake	3.85	Pink	
14-R	Don't Get No Better	2.85	Pink	
15-R	Dirt's Revenge	4.10	Pink	

Course Description:

Leg No.	Leg Name	Hill 5=high	Poison Ivy	Grunge Factor	Wetness
1	The Stampede	4.2	1.0	Benders	No
2	Butt Kicker	3.3	4.1	Abyss	Moist
3	Rave Run	3.2	2.0	Scratchers	No
4	Poto	4.5	0.5	Rocks	No
5	Purgatory	2.0	0.5	Horse Dump	No
6	This Sucks	3.3	5.0	Swamps	Yes
7	Stripper Pole	3.5	5.0	Dirt Ladder	Green
8	Styx, the River of Death	1.3	3.0	Wet Dream	Yes
9	Bad Out of Hell	2.3	3.2	Butt Slider	No
10	Xodus	2.8	0.5	Rock	No
11	Where's the F'N Bridge	2.8	3.8	Quicksand	Yes
12	Vertigo	4.2	4.5	Slammers	No
13	The Stupid Lake	2.9	5.0	Ducks	Yes
14	Don't Get No Better	2.3	1.5	Raspberry	No
15	Dirt's Revenge	4.0	0.5	Rocks	No

Relay Course Dirtails: Changes from '09 underlined.

Leg 1. The Stampede: (YELLOW) Distance: 4.8 miles

Start: Half Moon Lake Finish: Half Moon Lake

Dangerous Road Crossings = 2. Road safety crossing method, watch the yellow caution tape & volunteers. Course generally clockwise version of Crooked Lake Trail with wee bit of alternative section in the middle. Fast and crowded with plenty of rock & roll. Watch road crossing near finish. Geo-web Hazards. Dry.

Leg 2. Butt Kicker (BLUE) Distance: 4.6

Start: Half Moon Lake Finish: Silver Lake Beach Lakeside.

Dangerous Road Cross=1. The Abyss and Death by Mosquitoes areas are good opportunities to sprain an ankle. Call Probility Physical Therapy after the race to get early appointment! Revisions in the Butt Slider and Settlers Grave areas, more rocks. Exchange 2-3 on beach side of concession. Moist.

Leg 3. Rave Run (PINK) Distance: 3.3

Start: Silver Lake Beach Lakeside. Finish: Silver Lake Parking Nob

Dangerous Road Crossings = 2. Beginning and End are out and back so opposing runners present. A face to face meeting in blind turn could take an eye out. A beautiful trail run. Some say harder than advertised. Dry

Leg 4. Poto (PINK) Distance: 6.1

Start: Silver Lake Parking Nob. Finish: Half Moon Lake

Dangerous Road Cross: 2. Long, steady power run. Trail mix of hills, rocks, roots and pickers. Watch out for bikes at your back. Miles of hilly rugged trails on the famous Pottawatomie trail. Dry. Geo-web danger.

Leg 5, Purgatory (WHITE): Distance 5.6

Start: Half Moon Lake. Finish: Hell Creek Ranch

Dangerous Road Cross=3. Revised, longer with trail exit off of Potto at Doyle Rd. Be Mindful tough turn. How long will you be in Purgatory? End runs in opposition of Leg 8, Pink. Dual exchange in Hell Creek Ranch. Dry.

Leg 6. This Sucks (BLUE) Distance: 5.2

Start: Hell Creek Ranch W Finish: Pinckney School Ranch

Dangerous Road Cross= 1. Shorter, less horse trails before the swamp. Exit runs opposite of Leg 7 from exchange to Post 5. Hard left turn at Post 5 heads into resistance running course. Someone will screw this up, will it be you? Swamps may need buddy system. Swamp skull with bullet holes is 2007 Team 48 runner!

Leg 7. Stripper Pole (PINK) Distance: 5.0.

Start: Pinckney Elementary School Finish: Hell Creek Ranch E.

Dangerous Road Cross= 1 Stripper Pole slide and Dirt Ladder 4 pointer climb. Shortened new in 2009 Ralph Waldo Emerson trails a nice route of ridges and valleys. Post 5 to exchange is opposite of Leg 6 start.

Leg 8. Styx, the River of Death (PINK) Distance: 3.1

Start: Hell Creek Ranch Finish: Hell Hole

The path to Hell is the river of death, Styx. Your tormented soul is ours. Multiple river crossings and river run with dangerous river rocks and deep holes. Life jacket or swim wings optional. Shop in Hell for a souvenir at the party store or I Scream parlor and thank them for letting us trash the town! Mail a postcard at the store for the HELL postmark! Multiple parking areas and NEW drop off & pick up system due to low parking and short leg 9.

Leg 9. Bad Out of Hell - Distance: 2.6

Start: Back of Hell Store Finish: Silver Lake

NEW. Dangerous Road Cross = 0. Get OUT of HELL fast or use Drop off & Pick Up system. Intense Butt slider and rock wobbling on Settlers Grave for your enjoyment. Short, short, short. Fast, Fast, Fast.

Leg 10. Xodus: (BLUE) Distance: 3.1

Start: Silver Lake. Finish: Half Moon Lake

NEW. Dangerous Road Cross: 1 A short jaunt on Silver Hill gravel road and a bunch of Crooked Trail ankle busting rocks. Leg 1 runner should not do Leg 10 unless they have Alzheimer's disease, too similar. Dry.

Leg 11. Where's The F'N Bridge? (PINK) Distance: 4.6.

Start: Half Moon Lake. Finish: Bruin Lake

Dangerous Road Cross= 3. Dangerous Boat Crossing: 1.

A classic, our first river crossing in 1999. Nice run until the river then wicked. Revised post scum movement. Quick sand, quick mud, quick, your ass is stuck! Ropes were placed in 2007 due to the depth of the muck. Plane crashed in 1999 race just to see where we ran! Watch for boat traffic! Wet and Wild.

Note: Please, remember 2009-11, “Amputation, the leg we had to cut short”, in your prayers. It bled to death.

Leg 12. Vertigo (PINK) Distance: 3.9.

Start Bruin Lake Beach Finish: Tortured Soles (Boyce).

Dangerous Road Cross = 3. New exit from Bruin Lake and soy fields to get away from emergency swamp reroute and neighbor with a gun in 2009. Nasty downhills that may give you vertigo. Portions of nice trail, road, and hill climb, off trail running and flat ending. Open area can be brutally hot.

Leg 13. The Stupid Lake (PINK) Distance: 3.9.

Start: Tortured Soles (Boyce). Finish: Awash in Anguish (Joslyn Lake Rd).

Aquatics Running 101 is taught here. In fact, you are in the class. Failure is not acceptable. Who’s stupid? Trail Dog measured the lake with his bike. Many runners lost shoes and finished barefoot, ouch! Not for wimps. One big hill and some great trail!

Leg 14. Don’t Get No Better (PINK) Distance: 2.85 (Every year on the course).

Start: Awash in Anguish (Joslyn Lake Rd). Finish: The Fates (Bartell)

Dangerous Road Cross = 2. Good story on name, ask Head Goat or Trail Dog. Hide ripping but tasty raspberries. Slow if overgrown, fast if prisoners cut the grass. Even faster if they are still out there!

Leg 15. Dirt’s Revenge (PINK) Distance: 4.1.

Start: The Fates (Bartell) Finish: Half Moon Lake right- parking lot side

Dangerous Road Cross = 2. Good tempo run. Careful attention to turns as they are sharp and technical. Bad time to get off course. Stay to the right-parking lot side. Ultra stays left- lake side. Dead Sprint down the Hill to the Finish. Team members meet final runner to cross finish together.

Descriptions & Comments brought to you by people who will not use their real names. If you disagree, it is okay and we really, really care. Have a nice day.

DANCES WITH DIRT 2009 - HELL, MI

WE ARE GOING TO HELL FOR CHEATING! Team Name: _____

No.	Leg Name	Start Cheating if later than...	Time Runner Left Early	Time Late Runner Arrived	Time Adjustment (HH:MM:SS)
1	The Stamped	None			: :
2	Butt Kicker	Director			: :
3	Rave Run	Director			: :
4	Poto	10:15			: :
5	Purgatory	11:15			: :
6	This Sucks!	12:15			: :
7	Stripper Pole	1:00			: :
8	Styx, the River of Death	2:00			: :
9	Bad Out of Hell	None			: :
10	Xodus	None			: :
11	Where's the F'N Bridge?	3:30			: :
12	Vertigo	4:15			: :
13	The Stupid Lake	4:45			: :
14	Don't Get no Better	5:30			: :
15	Dirt's Revenge	6:00			: :
	Total				HH : MM : SS

Signed by: _____ **IF YOU DO NOT TOTAL THE TIME TO ADD TO YOUR TEAM, AND DO NOT TURN THIS IN WITHIN 5 MINUTES OF YOUR FINISH YOU WILL BE DISQUALIFIED**